



FATALITY

DEPARTMENT OF THE ARMY
HEADQUARTERS JOINT READINESS TRAINING CENTER & FORT POLK
6661 WARRIOR TRAIL, BUILDING 350
FORT POLK, LOUISIANA 71459-5339



AFZX-SA


APR 06 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Alcohol Poisoning, Safety Alert 05-02

1. A Soldier was recently found dead in the barracks. His death may have been caused from excessive drinking (binge drinking) or the mixing of alcohol and drugs.
2. **What mistakes were made?** Excessive drinking, the mixing of alcohol and drugs, and an inability to identify the symptoms of alcohol poisoning.
3. **Lessons learned:**
 - a. Do not drink to excess. In general, if you drink, you should only consume one drink per hour. If you consume alcohol in combination with any type of drugs, the effect could be fatal.
 - b. Recognize alcohol poisoning. If a person exhibits any of the following symptoms, call for immediate medical attention: their breathing is less than 12 times per minute or they stop breathing for periods of 10 seconds or more; the person is asleep and you are unable to wake them; or the person's skin is cold, clammy, pale, or bluish in color.
 - c. Stay with a person who is vomiting. If they must lie down, keep them on their side with their head turned to the side. Watch for choking. If the person is not in need of medical attention and is going to "sleep it off," be sure to position the person on their side to prevent choking if they vomit. Place a pillow behind them to prevent them from rolling out of position. Stay with the sleeping person and wake them up frequently. If at anytime you cannot wake the person up, seek immediate medical attention.
4. I expect each soldier to look after his battle buddy. Binge drinking is not acceptable and the mixing of alcohol and drugs is a dangerous combination that can prove fatal.

**ENSURE WIDEST DISSEMINATION, BRIEF ALL SOLDIERS AND POST ON ALL
BULLETIN BOARDS**


MICHAEL D. BARBERO
Brigadier General, USA
Commanding

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